

Employees Favorite Healthy Recipes



Breakfast

- Baked Beef Hash and Eggs
- Banana Bread
- Banana Nut Muffins
- Muffin Magic
- Strawberry Bread

Appetizers

- Creamy Dill Veggie Dip
- Mango Salsa
- Tex-Mex Black Bean Dip

Lunch

- Grilled Vegetable Sandwich
- Meatball Sandwich

Dinner

- Angela's Mixed Up! Linguine
- Baked Mexican Dish
- Chicken Cacciatore
- Chicken-Cucumber Salad with Sesame-Soy Dressing
- Chicken Wings
- Chili
- Chunky Chicken and Good Stuff Salad
- Diet Watchers Broiled or Barbecued Chicken
- Garnished Tilapia
- Grilled Chicken Salad
- Mexican Goulash
- Pita Pizzas
- Rice & Beans Cuban Style
- Shrimp Creole
- Spaghetti with Turkey Meatballs

- Spinach Pasta
- Swedish Meatballs
- Turkey Chili
- White Chicken Chili

Sides

- Black Bean and Couscous Salad
- Butternut Squash with Raisins, Apples, and Cinnamon
- Fresh Tomato Coulis
- Italian Vegetables
- Mushroom, Onion, and Bacon Green Bean Casserole
- Pasta Chick Pea Salad

Desserts

- Applesauce Cake
- Boston Cream Cake
- Bran Brownies – Fudgy, Goofy, Delicious
- Carrot Cake
- Green Goddess

Breakfast

Baked Beef Hash and Eggs

Submitted by Connie Nicholson, Employee Services
From Prevention.com

¼ c. chili sauce or ketchup
¼ c. water
Pepper to taste
2 potatoes, diced
1 c. beef roast
2 eggs

Ahead of time, mix chili sauce, water, and pepper in a bowl. Add potatoes and beef, and toss to combine. Divide mixture between 2 small shallow casseroles. Cover with plastic wrap and refrigerate until morning. In the morning, bake casseroles at 400 degrees until warmed through, 5-7 minutes. Using a large spoon, make an egg-size indentation in the center of the hash in each casserole. Break and egg into each indentation. Bake until eggs are set, 10-15 minutes. Serve immediately. Serves 2.

Banana Bread

Submitted by Melissa Maidhof, Budget

1 ½ c. whole wheat flour
1 ½ c. white flour
1 t. baking soda
1 t. salt
1 t. ground cinnamon
½ - 1 c. chopped nuts (optional)
3 eggs, beaten (can use egg beaters)
¾ c. olive oil
¾ c. unsweetened applesauce
2 c. of mashed bananas (usually around 4)
1 (8 oz) can crushed pineapple, drained
2 t. vanilla

Combine dry ingredients. Combine wet ingredients and add both together (dry and wet). Stir until moist. Pour into 2 greased and floured loaf pans. Bake at 350 degrees for 50-60 min. Cool for 10 minutes before removing from pans.

Banana Nut Muffins

Submitted by Bob Chase, Public Works

2 ¼ cups of oat bran cereal
1 T. baking powder
¼ c. brown sugar
¼ c. chopped walnuts or pecans
1 ¼ c. skim milk
2 very ripe bananas
2 egg whites
2 T vegetable oil

Preheat oven to 425 degrees. Mix dry ingredients in a large bowl. Mix the milk, egg whites, and oil in a bowl. Add to dry ingredients and mix. Put baking cups in muffin pan and fill with batter. Bake for 17 minutes.

Muffin Magic

Submitted by Allison Thall, Community Services

From "Oxygen Magazine", August 2002

½ cup rolled oats
½ cup bran
½ cup low-fat buttermilk
1 cup whole wheat flour
1 teaspoon baking powder

½ teaspoon baking soda
½ teaspoon ground cinnamon
¼ teaspoon salt
1 medium orange
½ cup Splenda sweetener
¼ cup applesauce
1 egg, beaten
¾ cup dried cranberries

Preheat oven to 350 degrees Fahrenheit. The combine oats, bran and buttermilk in a medium bowl – set aside for five minutes. In a separate bowl, mix flour, baking powder, baking soda, cinnamon and salt. Next, grate orange rind into a large bowl and squeeze in the fruit's juice. Mix in Splenda, applesauce and egg. Stir until smooth. Add oat mixture, then fold in flour mixture. Finish by adding cranberries. Spoon batter into 12 Pam-sprayed muffin cups. Bake for 15 minutes.

Strawberry Bread

Submitted by Susan Irby, Employee Services

2 (10 oz.) boxes of frozen strawberries, thawed (don't drain juices)
1 cups oil (used canola)
3 eggs (can use egg beaters)
3 cups flour (have not tried it, but think wheat flour may work)
3 cups sugar (can use splenda)
1 tsp. baking soda
1/2 tsp. salt
1 Tbsp. cinnamon
1 cup finely chopped pecans

Mix strawberries, oil and eggs. Beat well. Mix together flour, sugar, baking soda, salt and cinnamon. Add wet mixture to dry mixture, just enough to blend. Add chopped pecans. Oil and flour 2 loaf pans. Bake at 350 degrees for 1 hour.

Appetizers

Creamy Dill Veggie Dip

Submitted by Pamela Kirchner
From Light Cooking 2002

4 oz. reduced-fat cream cheese
2 T. fat-free (skim) milk
½ pkg dry ranch salad dressing mix (about 2 T)
1 ½ t. dried dill weed or 1 T fresh dill
4 c. raw veggies (such as cherry tomatoes, celery sticks, baby carrots, broccoli florets,

cucumber slices, zucchini slices, and/or red or green bell pepper strips)
8 unsalted bread sticks

Place cream cheese, milk, dressing mix and dill weed in blender container; cover and blend until smooth. Store, tightly sealed, in refrigerator. Serve dip w/ veggies and bread sticks.

Mango Salsa

Submitted by Treeva Wall

1 can diced tomatoes & green chilies (Ro-Tel)
1 or 2 mangoes
1 T. fruit juice (orange is good)

Drain the liquid from the Ro-Tel. (You may want to save this liquid to add to another recipe, such as vegetable soup.) Peel the mango. Because the peeled mango is so slippery, the safest way to slice it is to put a corn holder in the top of it, and use that as a handle to hold the mango upright on the cutting board. Slice the flesh off the fruit, and don't worry about trying to remove the pit. (This idea came from Alton Brown, of the Food Network program "Good Eats".) Dice the mango into very small pieces, or pulse in food processor. Mix the drained Ro-Tel, diced mango, and fruit juice. This is great on grilled fish or chicken. It may be served either hot or cold.

Tex-Mex Black Bean Dip

Submitted by Nadine Ohlinger, Employee Services
From www.allrecipes.com

1 (15 ounce) can black beans, rinsed and drained
1 teaspoon vegetable oil
1/2 cup chopped onion
2 cloves garlic, minced
1/2 cup fresh corn kernels
3/4 cup chopped tomatoes

1/2 cup mild picante sauce
1 teaspoon ground cumin
1 teaspoon chili powder
1/2 cup shredded, low-fat Monterey Jack cheese
1/4 cup chopped fresh cilantro
1 tablespoon fresh lime juice

Place black beans in medium bowl, partially mash, but leave a little chunky. In pan, sauté onion and garlic - 4 minutes. Add beans, corn, tomato, picante sauce, cumin, and chili powder; cook 5 minutes or until thickened. Remove from the heat, mix in cheese, cilantro and lime juice; stir until cheese is melted. (I like to serve this with blue tortilla chips).

Lunch

Grilled Vegetable Sandwich

Submitted by Allison Thall, Community Services
From Chef Andy of "New World Personal Chef Service"

1 yellow squash sliced thinly length wise
1 zucchini squash sliced thinly length wise
4 portabello mushrooms whole
1 large beefsteak tomato cut into 4 large slices
1 small eggplant, trimmed and cut into ¼ inch rounds
1 red onion, trimmed and cut into ¼ inch rounds
3 teaspoons of Italian seasoning
1 jar of roasted red peppers
2 French baguettes
8 fresh basil leaves
Pesto sauce - your favorite
Kosher salt – to taste
Fresh ground black pepper-to taste

Arrange the yellow squash, zucchini, Portobello mushrooms, beefsteak tomato, eggplant, red onion, on a low flame, sprinkle the Italian seasonings, salt and pepper, over the vegetables and cook for about 5 minutes until golden brown. Make sure you turn the vegetables over and brown both sides. Take off the grill and hold. Split the baguettes in half. Scoop out the soft inner dough. Brush your favorite pesto on the bottom of the baguette. Start to layer the roasted red pepper, yellow squash, zucchini, portabello mushroom, tomato, eggplant and red onion. Top with your fresh basil leaves. Cut the baguette in half and serve.

Serving Suggestion: You can add a nice low-fat mozzarella cheese to this sandwich as well.

Meatball Sandwich

Submitted by Linda Marino, Lake County Water Authority
From Healthy Calendar Diabetic Cooking by American Diabetes Association

4 French bread sandwich rolls
2 Cups spaghetti sauce (from Spaghetti w/Turkey Meatballs recipe)

12 Meatballs (from Spaghetti w/Turkey Meatballs recipe)
¼ Cup shredded, part-skim mozzarella cheese

Preheat oven to 450 degrees. Place French rolls on baking sheet. Spoon ½ cup sauce and about 3 meatballs onto each roll. Top each sandwich with 1 tablespoon mozzarella cheese. Place in oven and bake for 10 minutes or until cheese is melted. Makes 4 servings.

Dinner

Angela's Mixed-Up! Linguine

Submitted by Angela Kudlets, Community Services

Linguine – or other pasta such as angel hair, spaghetti, etc.
1 c. yellow onion, diced
1 oz. (or 10-12) pine nuts – optional
¼ c. peppers, diced (red, yellow, green, orange)
Fresh green beans, trimmed
1 zucchini squash
1 yellow squash
2 cans (16 oz) tomato sauce (or 3 large fresh diced Roma tomatoes)
2-3 cloves fresh garlic
½ lb. chicken (or shrimp), cooked & chopped
¼ t. house seasoning (see below)
Black olives, mushrooms (optional)

Paula Deen's House Seasoning: Mix together ¼ c. black pepper, ¼ c. salt, ¼ c. garlic powder.

Boil water. Cook chicken or shrimp. Combine all other ingredients. Serve.
You could also choose to do all of the above and then bake it in a 350 degree oven for 20 minutes. If you bake, you may want to add freshly grated light mozzarella cheese to keep it moist and bind it together. Note: If you are pressed for time, purchase rotisserie chicken and de-bone. Use breast, diced.

Baked Mexican Dish

Submitted by Brenda Quattlebaum, Community Services

1 can black beans, drained
1 can low-fat/fat-free refried beans
1 pkg flour tortillas
1 lb lean ground beef

½ c. chopped onions
1 jar mild or hot salsa
1 pkg low-fat shredded Mexican cheese mix

Brown beef. Add chopped onions and taco seasoning. Set off burner. Spray 3 qt baking dish w/ Pam. Spread about ½ c. of salsa on bottom of dish. Place tortillas on bottom of dish (some can overlap). Spread ½ of refried beans on tortillas. Spread ½ of black beans on tortillas. Spread ¾ - 1 c. of salsa on top. Sprinkle ¾ cup of cheese on top. Repeat layers. Bake in 350 degree oven for 30 mins. covered then sprinkle top with ½ - 1 cup more cheese. Bake uncovered for last 10 mins.

Chicken Cacciatore

Submitted by Jennifer DuBois, Growth Management

½ c. all-purpose flour
½ t. salt
¼ t. pepper
4 boneless, skinless chicken breasts
2 T. olive oil, divided
1 med. onion, chopped
2 cloves garlic, minced
2 (14 ½ oz) cans diced tomatoes, drained
2 (8 oz) cans tomato sauce
½ T. dried oregano leaves
½ t. salt
¼ t. pepper
Hot cooked rice or pasta

Combine flour, salt, and pepper. Coat chicken breasts with flour mixture and set aside. In a large skillet, sauté onion and garlic in one T. of olive oil over medium heat until onion is tender. Remove onion and garlic from skillet and set aside. In remaining tablespoon of olive oil, brown chicken breasts on both sides. Return onion and garlic to skillet. Add tomatoes, tomato sauce, oregano, salt, and pepper. Simmer 40 minutes, turning chicken and stirring sauce approximately every ten minutes. Serve over hot cooked rice or pasta. Make 4 servings.

Chicken-Cucumber Salad with Sesame-Soy Dressing

Submitted by Jason Rivera, Public Safety

Dash of salt

16 ounces boneless, skinless chicken breast halves

1 large cucumber, cut into ½-inch cubes (about 2 cups)

1 cup coarsely shredded carrots

2 scallions, chopped

4 large leaves leaf lettuce

Toasted sesame seeds for garnish

Sesame-Soy Dressing

¼ cup low-sodium soy sauce

2 tablespoons dark (Asian) sesame oil

2 tablespoons white rice vinegar

4 cloves garlic, minced

1 teaspoon sugar

Pour water into a medium sauté pan, to a level about 1 ½ inches deep (when it is added, the chicken should be covered by ½ inch water). Stir in a dash of salt. Bring the water to a boil over high heat. Add the chicken; reduce the heat to medium. Cover and cook for 8 to 10 minutes, or until the chicken is just cooked through. With a slotted spoon, remove the chicken from the skillet. Cut it into 2-inch squares and place on a plate to cool. (Discard the poaching liquid.)

Meanwhile, in a medium bowl, toss together the cucumber, carrots, and scallions. Whisk together the dressing ingredients in a small bowl, making certain the sugar is dissolved. Add the dressing to the cucumber-carrot mixture and toss lightly. Add the chicken; toss again. To assemble the servings, arrange a bed of greens on each of 4 salad plates, top with the chicken salad, and garnish. Makes 4 servings

Chicken Wings

Submitted by Pamela Kirchner, Community Services

2 ½ lbs. chicken drummettes

Seasoned salt

Cajun seasoning

Preheat oven to 350 degrees. Moisten chicken with water. Lightly coat each drummette with seasoned salt and Cajun seasoning to taste. Place chicken on a 9x13 baking sheet pan. Bake 1 hour. Makes 20 wings.

Chili

Submitted by Pamela Kirchner, Community Services

2 lbs. lean ground beef
1 med. onion, chopped
1 sm. green pepper, chopped
1 t. salt
½ t. ground black pepper
46 oz low sodium tomato juice
2 pkg low sodium chili seasoning mix
1 cans red beans
2 cans dark red kidney beans
Chili powder to taste

Sauté ground beef, onion, green pepper, s/p until browned. Drain grease. Transfer to stock pot and mix in chili seasoning, beans, and tomato juice. Add chili powder to taste. Bring to a boil, then reduce heat and cook for 1 hour on low heat stirring occasionally.

Chunky Chicken & Good Stuff Salad
Submitted by Treeva Wall, Public Works

6 oz. grilled chicken, cut into chunks
4 apples, peeled, cored, & chopped
6 stalks celery, chopped
1 small bag of walnuts
1 can of tart cherries (packed in juice)
½ cup light mayonnaise
½ cup light Miracle Whip

Mix all ingredients thoroughly and serve. This will serve 3 or 4, if used as a main dish, or 6-8 if served as a side dish.

Diet Watchers Broiled of Barbecued Chicken
Submitted by Sandra Price, Community Services
From Deliciously Simple by Harriet Roth

1 c. dry white wine
1 large garlic clove, minced
½ t. dried tarragon, crushed
1 t. dried Italian herb blend, crushed
Freshly ground black pepper

2 lb. fryer, quartered, with skin & fat removed

In small jar, combine 1st five ingredients. Shake well. Place chicken in shallow dish; pour blended marinade over chicken. Marinate for several hours or overnight. Turn several times while marinating. Place chicken on broiler rack and broil 5-6" from heat for 15 mins. on each side. Brush frequently with marinade while cooking. *To serve:* start with a crisp green salad. Then serve broiled chicken with Fresh Tomato Relish, steamed little red new potatoes, lemony Brussels Sprouts, and parsleyed carrots. A good dessert is fresh fruit, from beginning to end, a diet watcher's dream come true.

Garnished Tilapia

Submitted by Kathy Edwards, Public Safety

Tilapia fillets, one per person.

Flour

2 T & 2 t. Olive Oil

whole kernel corn, Frozen

1 plum tomato, chopped

Scallions, chopped

Fresh cilantro, chopped

Lightly coat fillets with flour and brown in 2 T. olive oil until done. Set in warm oven until garnish is prepared. In 2 t. olive oil, heat corn. When cooked, add scallions, tomato and cilantro until heated, but not overcooked. Serve fillets and garnish with the above.

Grilled Chicken Salad

Submitted by William Minton, Public Safety

1 grilled chicken breast

1 bag of roman lettuce hearts

¼ c. diced grapes

1 hand full or chopped walnuts

¼ c. diced apple

¼ c. of diced banana

¼ c. gorgonzola cheese

1/8 c. dried cranberries

1/8 c. tomatoes

Combine all ingredients. Top off with a healthy dressing of your choice, like raspberry vinaigrette. Makes 1 or 2 servings, depending on how hungry you are.

Mexican Goulash

Submitted by Jennifer Samartino, Planning & Development
From The Busy People's Low-fat Cookbook by Dawn Hall

1 (15 oz) can fat-free chili (such as Hormel turkey chili)
1 (16 oz) can fat-free refried beans
1 (12 oz) can whole kernel corn, drained
1 ½ c. salsa
4 oz. fat-free, shredded cheddar cheese
5 (10") flour tortillas

Mix the chili, beans, corn, salsa, and cheese together until well blended. Spray a 2 ½ qt. round microwavable casserole dish with a lid with nonfat cooking spray. Lay 1 tortilla flat on the bottom of the casserole dish. Top with one-fifth of the chili mixture. Continue layering the tortillas and chili mixture until all the ingredients are used. Cover and microwave on high in a carousel microwave for 10 minutes. If you don't have a carousel microwave rotate dish a ¼ turn every 2 ½ mins. to cook evenly. Let sit, covered, an additional 5 mins. before serving. Using a sharp knife (a steak knife works well) cut through all layers, making a checker board design on top. Each cut will be about 1" apart. The cut-up tortillas will taste a lot like pasta when the recipe is finished. With a large spoon stir the entire dish to mix the cut-up tortilla pieces. Serve in soup bowls. Sprinkle lightly with fat-free cheddar cheese, if desired.

Pita Pizzas

Submitted by Marcia Johnson, Employee Services
From Take 5 by Weight Watchers

6 oz. cremini mushrooms, sliced (2 ½ c.) (can use canned mushrooms in a hurry)
6 (5-inch) fat-free pitas
¾ c. fat-free pizza sauce
¼ c. pitted black olives, sliced
1 ½ c. shredded fat-free mozzarella cheese
½ t. freshly ground pepper

Preheat oven to 450. Spray large nonstick skillet with nonstick spray, set over medium heat. Add mushrooms and cook until softened and excess moisture has evaporated, about 5 minutes.

Place pitas on large baking sheet. Top each with 2 T of pizza sauce, 2 T of mushrooms, 2 t. of olives, ¼ c. mozzarella. Sprinkle a pinch of pepper over each. Bake

pizzas until hot and the cheese lightly browns, about 12 minutes. Transfer to rack and cool 5 minutes before serving.

Rice and Beans Cuban Style

Submitted by Emilio Bruna, Environmental Services

1 can of cooked black beans
1.5 cups brown rice
3 cups water
½ green pepper
1 small onion
2 cloves garlic
3 T. olive oil
Pinch of salt

In a deep pan mix oil and chopped green pepper, onion and garlic. Add rice and let the oil coat it. Add water and can of beans. Cook until water evaporates at medium to high heat.

Shrimp Creole

Submitted by Jennifer DuBois, Growth Management

1 T. butter
1 med. onion, chopped
1 med. green bell pepper, chopped
½ c. celery, chopped
1 large clove garlic, minced
1 (8 oz.) can tomato sauce
½ c. water
1 t. dried parsley
½ t. salt
¼ t. cayenne pepper (ground red pepper)
1 large bay leaf, torn in half
¾ lb. uncooked medium shrimp, peeled and deveined
Hot cooked rice

In a large skillet, sauté onion, bell pepper, celery, and garlic in butter over medium heat until vegetables are tender, approximately 4 minutes. Add tomato sauce, water,

parsley, salt, cayenne pepper, and bay leaf; bring to a boil. Reduce heat to medium low and simmer 10 minutes, stirring occasionally. Add shrimp to skillet and simmer an additional 4 minutes or until shrimp are done, stirring once. Remove bay leaf prior to serving. Serve over hot cooked rice. Makes 4 servings.

Spaghetti with Turkey Meatballs

Submitted by Linda Marino, Lake County Water Authority

From Healthy Calendar Diabetic Cooking by American Diabetes Association

1 tsp olive oil
4 garlic cloves, minced
3 26-ounce jars marinara pasta sauce
1 ½ pounds lean ground turkey (white meat)
1 egg
1/3 cup low-fat grated Parmesan cheese
¼ cup chopped fresh Italian parsley
1/3 cup Italian style bread crumbs
1 ½ tsp dried minced onion
¼ tsp ground black pepper
12 oz. linguine, uncooked

In a large saucepan, heat oil and garlic over medium heat and sauté for 30 seconds. Add pasta sauce. In a medium bowl, combine all remaining ingredients except linguine and mix well. Form meat into small balls (makes about 30 meatballs). Instead you can use a small “ice cream style” cookie scoop to measure and drop directly into sauce (see 3). Add meatballs to sauce. If using cookie scoop, just scoop drop them in. Bring to a boil; reduce heat and simmer for about 1 hour, stirring occasionally. Cook pasta according to package directions, omitting salt. Drain. Serve meatball sauce over linguine.

* Reserve 2 cups sauce and 12 meatballs for “meatball sandwich” recipe.

Spinach Pasta

Submitted by David Merrill, Employee Services

From the kitchen of Ma Merrill

2 c. uncooked penne pasta (You can use low carb. Pasta)
½ med. onion, sliced
1 clove garlic, minced (Fresh garlic is better)
1 T. extra virgin olive oil (EVOO)
¾ t. dried basil (fresh basil is better)
1 med. red, yellow or green pepper, cut into strips
1 can spinach, drained (Fresh spinach is better, use a whole bag.)

Start the water on high, wait for the boil and cook the pasta and drain. (Do not over cook the pasta.) While the water is coming to boil start cooking the onion, garlic and basil in the EVOO until tender. Add the pepper strips to the onion, garlic and basil and cook for 3 minutes longer.

Stir in the spinach. Heat for another minute until spinach is warmed through. (At this time you can add a little low fat/fat free Feta cheese for extra flavor.) Toss the drained pasta in the same pan with the rest of ingredients, stir in the pasta and serve. Top with low fat parmesan cheese. (Grate fresh cheese for the work out!)

Swedish Meatballs

Submitted by Susan Irby, Employee Services

2 lbs. ground turkey
2 whole eggs (can substitute egg beaters)
 $\frac{3}{4}$ - 1 c. seasoned breadcrumbs (depending on liquid of turkey)
Lots of fresh parsley, chopped
Worcestershire sauce to taste (3-4 dashes)
s/p to taste

Sauce:

2 can low-fat cream of mushroom soup
1 sm. can of mushrooms with liquid
1 sm. container low-fat sour cream

Mix turkey, eggs, breadcrumbs, parsley, Worcestershire, and s/p in a bowl, form into balls. Add enough Canola oil just to cover $\frac{1}{4}$ the height of the meatballs. Fry and turn them regularly. It's okay if they do not cook completely through, because they will finish cooking in the sauce. Place meatballs on paper towels to allow oil to drain prior to adding them to the sauce. Mix all the sauce ingredients well. Add meatballs and simmer for 1-2 hours on low. Serve over wheat pasta or brown rice.

Turkey Chili

Submitted by Phyllis Hegg, Public Works

1 $\frac{1}{2}$ lbs. ground turkey breast
1 pkt McCormick's mild chili seasoning
1 med. onion
1 can of tomato sauce

1 can diced petite tomatoes
1 can light red kidney beans, undrained

Brown turkey and onions. Place in pot with rest of ingredients and simmer for one hour and serve.

White Chicken Chili

Submitted by Bev Amerson, Employee Services
From the back of the Bush Beans can

2 cans of Navy or Great Northern beans
1 can chicken stock
2 T flour
1 med. onion, chopped
2 t. cumin (to taste)
1 T veg. oil
2 c. cooked chicken, chopped

Sauté onion in the oil until tender in a skillet, add flour, cumin, and chicken stock until the mixture starts to thicken. Add beans, chicken, and continue cooking until thick and heated thru. Done...

Sides

Black Bean and Couscous Salad

Submitted by Traci Bates, Growth Management
From Allrecipes.com

1 c. uncooked couscous
1 ¼ c. chicken broth
3 T extra virgin olive oil
2 T fresh lime juice
1 t. red wine vinegar
½ t. ground cumin
8 green onions, chopped
1 red bell pepper, seeded & chopped
¼ c. fresh cilantro, chopped
1 c. frozen corn kernels, thawed
2 (15 oz) cans black beans, drained
s/p to taste

Bring chicken broth to boil in 2 qt sauce pan and stir in couscous. Cover pot and remove from heat. Let stand for 5 minutes. In large bowl, whisk together the olive oil, lime juice, vinegar and cumin. Add green onions, red pepper, cilantro, corn and beans and toss to coat. Fluff couscous well, breaking up any chunks. Add to the bowl with veggies and mix well. Season w/ salt & pepper to taste and serve at once or refrigerate until ready to serve.

Butternut Squash with Raisins, Apples, and Cinnamon

Submitted by Jan Goodman, Public Works

From allcreatures.org

1 large or 2 med. butternut squash

2 large or 4 sm. apples

1 c. raisins

1 T. cinnamon, ground

Wash the butternut squash. Cut off the stem end and peel with a heavy duty vegetable peeler. Cut out the bottom end and split the butternut squash lengthwise. Scoop out the seeds from the cavity (If desired, save the seeds for toasting). Slice the peeled butternut squash into 1/2 inch (1-1/2 cm.) cubes and place in a covered baking dish.

Wash and core the apples. Cut into slices and cut the slices into 1/2 inch pieces. Add to the baking dish. Add the raisins and cinnamon. Mix well, cover, and bake in a microwave oven set on "high", or in a conventional oven set at 350 degrees F. until the squash pieces are tender. Mix about every 10 minutes during the baking process.

Remove from the oven, serve and enjoy! Serve with raisin almond rice.

Fresh Tomato Coulis

Submitted by Sandra Price, Community Services

From Deliciously Simple, by Harriet Roth

2 ripe tomatoes

1 t. extra-virgin olive oil

1 garlic clove, minced

1/4 t. each dried thyme, marjoram, basil, and savory, crushed, or 1 t. chopped of each if fresh

Peel, seed, and chop tomatoes. Place oil in nonstick skillet and sauté tomatoes for 2-3 minutes. Add garlic and herbs. Sauté 1 min, taste, and adjust flavors. *To serve:* Use as an accompaniment, either hot or cold, with chicken, fish, or All-American Chicken Sausage Patties.

Italian Vegetables

*Submitted by Susan Irby, Employee Services
From Olive Garden*

4 c. zucchini, cut into ¼ inch slices, then halved
4 c. yellow squash, cut into ¼ inch slices, then halved
2 c. red bell peppers, cut into strips
2 c. red onions, cut into strips
1 T. Italian seasoning
1 T. kosher salt
1 T. garlic, chopped
¼ c. extra-virgin olive oil

Preheat oven to 450 degrees F. In a large bowl, combine all ingredients and mix thoroughly. Place onto a baking sheet, forming a single layer. Place in oven and cook for 15 minutes, or until tender, and remove from the oven. Serve immediately. *Ideas:* Goes nicely tossed with angel hair pasta and baked tilapia. Sprinkle with parsley, garnish with lemon wedges.

Mushroom, Onion, and Bacon Green Bean Casserole

*Submitted by Jennifer Samartino, Planning & Development
From The Busy People's Low-fat Cookbook by Dawn Hall*

4 (13 oz) cans French-style green beans, drained
2 (4 oz) cans mushroom stems and pieces
1 (1 ½ oz) envelope dry onion soup mix
1 (15 oz) fat-free sour cream
1 t. liquid smoke
1 ½ plus 1 ½ oz. bacon bits

With your hands, squeeze as much liquid from the green beans as possible. Spray a 2 qt. microwavable bowl or casserole dish with nonfat cooking spray. Stir together the beans, mushrooms, onion soup mix, sour cream, liquid smoke, and 1 ½ bacon pieces. Keep stirring until well combined. Microwave on high for 2 – 2 ½ mins. Stir. Turn bowl a half turn. Microwave again for 2-2 ½ mins or until completely heated. Stir again. If you have a carousel microwave, cook for 4-5 minutes stirring halfway through. Sprinkle the remaining bacon bits on top of the casserole. Serve hot. Makes 14 (½ cup) servings

Pasta Chick Pea Salad

Submitted by Traci Bates, Growth Management

From allrecipes.com

1 (16 oz) pkg rotelle pasta
2 T extra virgin olive oil
½ c. oil-cured olives, chopped
2 T fresh oregano, minced
2 T. fresh parsley, chopped
1 bunch green onions, chopped
1 (15 oz) can garbanzo beans, drained
¼ c. red wine vinegar
½ c. low-fat grated Parmesan cheese
s/p to taste

Bring large pot of water to boil. Add pasta and cook until al dente. Drain & rinse under cold water. Set aside to chill. In large skillet heat the olive oil over med. to low heat. Add the olives, oregano, parsley, scallions, and chick peas. Cook over low for about 20 mins. Set aside to cool. In a large bowl toss the pasta with the chick pea mixture. Add the vinegar, grated cheese, salt, and pepper to taste. Let sit in refrigerator overnight. When ready to serve taste for seasoning and add more vinegar, olive oil, and s/p to taste if desired.

Desserts

Applesauce Cake

Submitted by Susan Irby, Employee Services

1 c. shortening (vegetable, butter, or margarine)
2 c. sugar
2 eggs (can substitute Egg Beaters)
2 c. applesauce
3 c. flour
2 t. cinnamon
2 t. cloves or pumpkin pie spice
1 c. raisins or dates (optional)

Warm applesauce 1 cup @ time and add 1 t. of baking soda. You can add another cup (making it a total of 3 cups) of applesauce if you'd like, but don't add more than 2 t. of baking soda to recipe. Beat shortening, sugar, and eggs. Add hot applesauce, then flour, then spices and raisins. Bake at 350 degrees in a greased and floured pan for approximately 45 minutes. Add a little longer if you use an angel food or bunt pan. Serve warm or cold. If served warm, goes nicely with fat-free vanilla frozen yogurt or sugar-free vanilla ice-cream.

Boston Cream Cake

Submitted by Jennifer Samartino, Planning & Development
From The Busy People's Low-fat Cookbook by Dawn Hall

Cakes:

6 egg whites

½ c. applesauce

1 (18.25 oz) box yellow cake mix, dry (i.e. – Betty Crocker Super Moist – do not make as directed on box)

Filling:

1 (1 oz) box sugar-free, fat-free instant vanilla pudding, dry – do not make as directed on box.

1 ½ c. skim milk

1/3 plus 1/3 c. fat-free hot fudge topping

Preheat oven to 350 degrees. Spray four 8" round pans with nonfat cooking spray. With a mixer, beat the egg whites for 30 seconds. Add the applesauce and beat 10 seconds. Gradually add the cake mix. Do not pour in all at once. Once the entire cake mix is added, beat on high for 2 mins. Divide and speared the batter evenly into the prepared pans. Bake for 15 mins or until a knife inserted in the center comes out clean. Cool in the pans for 10 minutes. Remove from the pans and cool completely. They cool more quickly on cooking racks. For the filling, with the mixer on lowest speed, mix the dry pudding mix and milk together for 2 minutes. Refrigerate. To assemble, when cakes are cooled, put one cake layer on a cake plate. Spread half of the cream mixture on the cake. Put the 2nd layer on top of the creamed mixture. Spread 1/3 cup of hot fudge topping on top of the cake. Repeat for the second cake. Makes 16 servings.

Bran Brownies – Fudgy, Goofy, Delicious

Submitted by Bob Chase, Public Works
From 8-week Cholesterol Free Book, by Robert Kowalski

3 T. cocoa powder

1 T. instant coffee (omit if you don't like coffee – add 1 T. cocoa powder instead)

1 T. water

2 very ripe bananas

2 c. sugar (less if you prefer)

6 egg whites

1 t. vanilla extract

1 c. oat bran cereal

¼ t. salt (optional)
1 c. chopped nuts (or substitute raisins to cut fat further)

Combine cocoa, coffee, water, bananas and mix in a blender or large bowl with a hand mixer. Add the sugar, egg whites, vanilla, and mix well. Sift together the oat bran cereal and salt, then add to the mixture. Fold in the nuts or raisins. Pour into a 9" baking pan sprayed with Pam. Bake @ 350 degrees for 45 minutes. Cut into individual squares. Cool and serve.

Carrot Cake

Submitted by Allison Thall, Community Services
From "Oxygen Magazine", May 2003

¾ cup and 2 tablespoons flour
1 tablespoon baking powder
½ teaspoon baking soda
½ teaspoon salt
½ teaspoon cinnamon
¼ teaspoon allspice
4 egg whites
¾ cup Splenda sweetener
3 tablespoons applesauce
3 tablespoons light margarine or Lite Bake
½ cup honey
1 teaspoon vanilla extract
1 tablespoon canola oil
2 ¼ cups carrots, finely shredded
½ cup walnuts (optional)

Preheat the oven to 350 degrees Fahrenheit. Then in a medium bowl, combine the flour, baking powder, baking soda, salt, cinnamon, and allspice. In a large bowl, whisk together the Splenda, applesauce, honey, vanilla, egg whites, and canola oil. Stir in the flour mixture, then the carrots and walnuts. Pour the batter into 10 greased muffin cups (or an 8x8 pan) and bake for 40 minutes, or until a toothpick comes out clean.

Green Goddess

Submitted by Bev Amerson, Employee Services
From Weight Watchers

- 1 (24 oz) container of fat-free vanilla or plain yogurt
- 1 (6 oz) box of sugar-free instant pistachio pudding
- 1 (6 oz) can of crushed pineapple in pineapple juice

Combine all 3 in a bowl and chill.